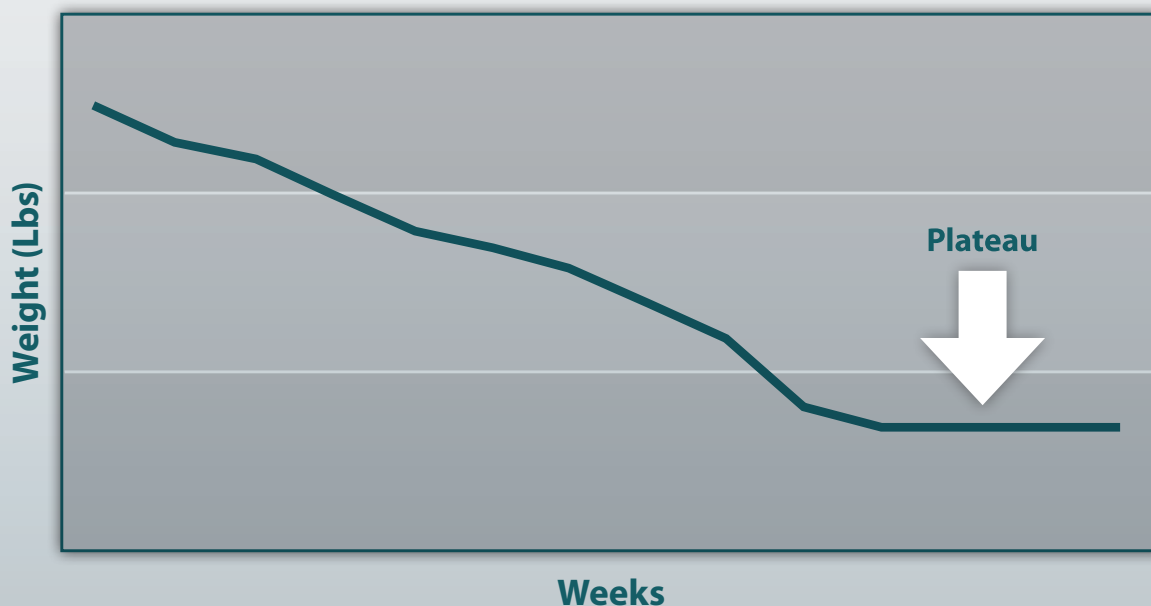


Handling Weight Plateaus

When losing weight, it is common to have **plateaus** or times when you can't seem to lose any more weight. Research suggests that our bodies will try to maintain a specific weight or “**set point**.” This set point can make getting over a plateau difficult.



My Weight Log (lbs)	
Week 1 285	Week 8 274
Week 2 283	Week 9 272
Week 3 282	Week 10 268
Week 4 280	Week 11 267
Week 5 278	Week 12 267
Week 6 277	Week 13 267
Week 7 276	Week 14 267



Here are tips that can help with managing plateaus:

- **Plateaus are often temporary.** Stay with your program and you should start losing again
- **Try increasing your physical activity.** Add a few additional minutes or steps, increase intensity (for example, add some hills to your walk), or mix up your physical activity (for example, add a new exercise like hiking or tennis). Add strength training or switch from moderate to vigorous physical activity
- **Weigh yourself every day**
- If you haven't been **writing down what you eat** for a while, start again. You may discover that extra calories have crept into your diet plan.
- Plateaus make you feel like giving up. **Remember how much work you have done to get where you are now.** Don't lose ground. Push a little harder to keep moving past the plateau. Contact your MOVE!® team. They want to help you reach your goals!



- **Weight loss medications are available.**

These can complement your dietary and physical activity program.